

South Dakota **SENIOR MEALS** Good Nutrition for Healthy Living

Senior Meals are an affordable way to help maintain your health. The cost of only one day in the hospital is equivalent to the cost of eating daily at **Senior Meals** for one year.

Senior Meals Offer:

- *Hot, nutritious meals every weekday which meet one-third of an older person's dietary needs.
- *Affordable, delicious meals offering a variety of food.
- *An opportunity to meet others in a group dining atmosphere.
- *Social contact for those who are homebound.
- *Daily fellowship for an active and healthy lifestyle.

Volunteer Today!

Why volunteer?

- *Help others
- *Meet new friends.
- *Personal satisfaction.

How can you help?

- *Deliver meals to shut-ins.
- *Take reservations.
- *Serve and package meals.



Strong Families - South Dakota's Foundation and Our Future
A program administered by the Department of Social Services.

Contact Your Area Project Listing:

Aberdeen: Area IV Senior Citizens Planning Council at 605-229-4741

Agency Village: Sisseton-Wapeton Dakota Nation at 605-698-9028

Brookings: Inter-Lakes Community Action at 605-692-6391

Huron: Huron Area Senior Center at 605-352-6091

Eagle Butte: Cheyenne River Elderly Nutrition Services at 605-964-8056

Flandreau: Flandreau Santee at 605-997-2924

Fort Thompson: Crow Creek at 605-245-2140

Fort Yates, ND: Standing Rock Sioux Tribe at 701-854-3846

Lake Andes: Rural Office of Community Services at 605-487-7635

Lower Brule: Lower Brule at 605-473-5685

Madison: Inter-Lakes Community Action at 605-256-6518

Martin: Bennett County Senior Center at 605-685-6642

Marty: Yankton Sioux Tribe at 605-384-3804

Miller: Wheels and Meals Corporation at 605-853-2869

Mitchell: City of Mitchell at 605-995-8440

Pine Ridge: Pine Ridge Oglala at 605-867-5913

Rapid City: Western South Dakota Senior Services at 605-394-6002

Rosebud: Rosebud Sioux Tribe at 605-747-2960

Sioux Falls: Center for Active Generations at 605-336-6722

Spearfish: Ponderosa Apartments at 605-642-6613

Yankton: Yankton Area Senior Citizens at 605-665-1055